

2017 RRCA RUNNER-FRIENDLY COMMUNITY

City of SANTA CLARITA MARATHON

Presented by PARKWAY MOTORCARS

SUNDAY, NOVEMBER 5, 2017

MARATHON  
HALF MARATHON  
5K • KIDK  
MAYOR'S WALK  
#RunSCMarathon

TO REGISTER:  
scmarathon.org

Boston Qualifier

f /RunSCMarathon

### Easy Hatha Yoga (Adult)

A gentle approach to Hatha Yoga through stretching, relaxation and breathing exercises. Great for seniors and individuals with movement limitations. Bring mat. **Instructor:** Joanne Melfi **Min/Max:** 10/30

Date	Time	Fee/Wks	Location
M-6/12	6:00-7:00 pm	\$72-9 wks	CCP
W-6/14	6:15-7:15 pm	\$72-9 wks	NP

### Healing Flow Yoga (Adult)

This class progresses through a slow yoga flow style, with a more therapeutic and restorative approach. You will learn through breathing, movement, stretching and strengthening techniques, how to move thoughtfully and mindfully to those areas of your body that may need extra TLC. Bring a mat and yoga block. **Instructor:** Laure Sears **Min/Max:** 10/25 **No Class:** Tu-7/4

Date	Time	Fee/Wks	Location
Tu-6/13	7:15-8:15 pm	\$56-8 wks	CCP

### Zumba® with Renee (11-Adult)

A fusion of salsa, merengue, belly dance, reggaeton and flamenco with an emphasis on abs (core), legs and glutes. **Instructor:** Renee Dominguez **Min/Max:** 10/65

Date	Time	Fee/Wks	Location
Th-6/15	5:45-6:45 pm	\$72-9 wks	SCSC-TC

### Pilates/Strength Training/Body Toning (15-Adult)

Relieve stress and transform the way your body looks, feels and performs. Build strength without excess bulk, creating a sleek, toned body. Bring exercise ball and mat. Bands provided. **Instructor:** Renee Dominguez, AFAA, PMA Certified **Min/Max:** 10/40

Date	Time	Fee/Wks	Location
M-6/12	8:30-9:25 am	\$64-8 wks	SCSC-TC

### MELT® (Adult)

The MELT® method is a breakthrough self-treatment system to eliminate chronic pain, erase the signs of aging and feel fantastic in just 10 minutes a day. Learn how to identify where you have stuck stress living in your body, a major cause of chronic aches and pains, and become your own hands-on body worker. Bring yoga mat and block. \$40 one-time equipment fee payable to instructor **Instructor:** Renee Dominguez **Min/Max:** 10/20

Date	Time	Fee/Wks	Location
M-6/12	9:30-10:15 am	\$64-8 wks	SCSC-TC

### POUND Rockout Workout™ (13-Adult)

A full-body cardio jam session combining light resistance with constant simulated drumming. The workout fuses cardio, pilates and plyometrics. Burn between 600 and 900 calories per hour, strengthen and sculpt muscles and drum your way to a leaner, slimmer physique. Bring mat. **Instructor:** Brittani Mills **Min/Max:** 5/20 **Drop-in Class \$10**

Date	Time	Fee/Wks	Location
W-6/14	6:00-7:00 pm	\$60-8 wks	CCCC

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